



# THE HAWKS NEST

February 2019

## Parents, Guardians and Hawks,

It's a great time here at Valley Ridge as we look back at all our progress and ahead to so many exciting events yet to come here at our school. At this time, I would like to invite everyone to join us on Saturday, February 23<sup>rd</sup> from 4:00 pm – 6:30 pm for the 2<sup>nd</sup> Annual Valley Ridge Academy Festival of the Arts! The school will be transformed into a gallery of student artwork and feature performances from the VRA Band and the Voices of the Valley Chorus! Last year's event was a tremendous success and we look forward to this year being even bigger! See you there.

Thank you to everyone for participating in Literacy Week here at Valley Ridge from January 28<sup>th</sup> – February 1<sup>st</sup>. The week was marked by fantastic themed days, a character parade and Candy Land Literacy Night where two lucky students, Andrew Lagos and Abbie Chinchilla, won Kindle Fire eReaders! This week would not be possible without the tireless effort from our Media Center Team of Ms. Zielinski, Ms. Townsend and Ms. Powell! Thank you ladies for all that you do to help inspire a love of reading in everyone here at VRA.

As a reminder, if your child is absent from school, a signed note indicating the reason must be turned into the office within 48 hours. Per District policy, VRA will not excuse absences for notes turned in after the 48 hour window has passed. Thank you for your continued cooperation.

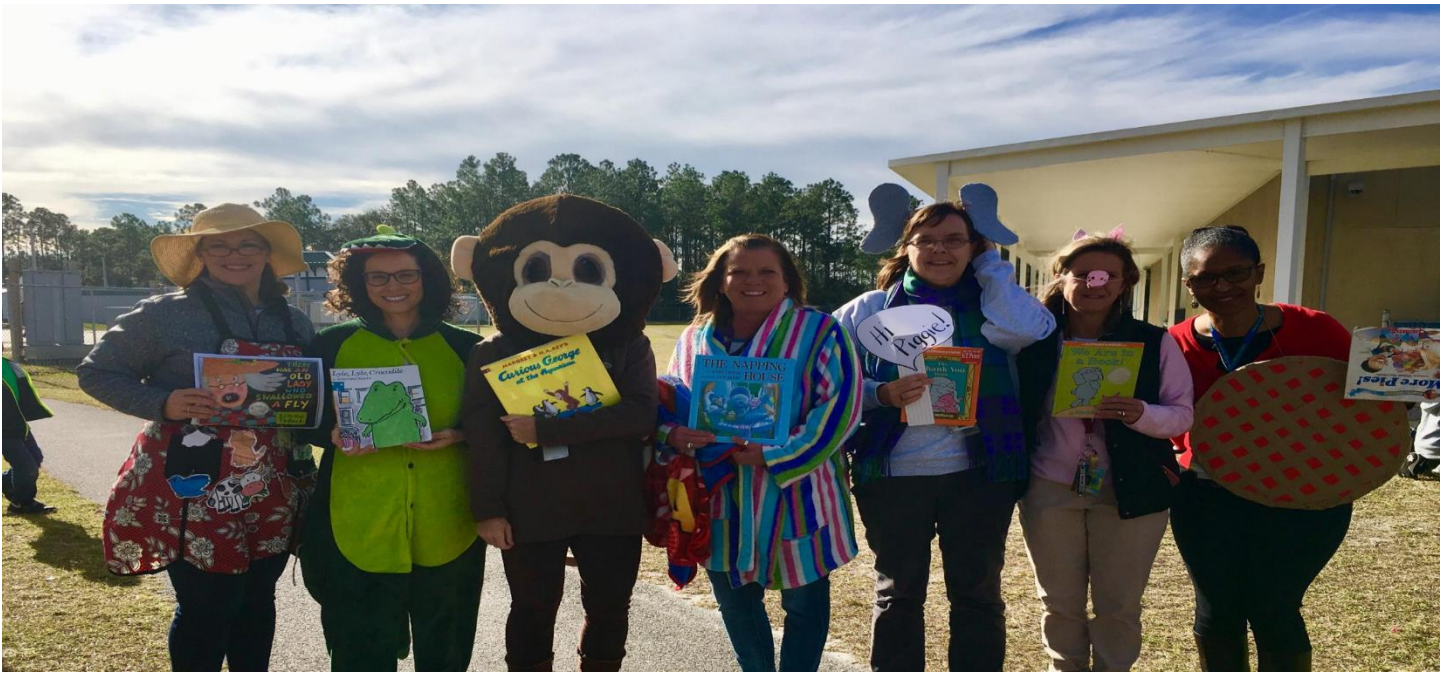
The St. Johns County School District policy for ALL EVENTS held on campus between the hours of 7:30 am and 4:00 pm requires anyone coming onto campus to be registered and cleared through the School Access Volunteer Clearance process and wearing a yellow sign-in sticker at all times after signing in with the office. The School Access Volunteer Clearance Application process found at: <https://stjohns.keepntrack.com/apply/index.html?db=stjohns>. Clearance is good for three years and you can check your clearance status by calling the front office at 904-547-4090.

National School Counseling Week 2019, "School Counselors: Providing Lessons for Life," will be celebrated from Feb. 4-8, 2019, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February. We are lucky that we have two fantastic counselors here at VRA to work with and support our students! Please join me in recognizing and thanking Ms. Ellen Dail and Ms. Erica MacNaught for all of their efforts, care and kindness!

As always, we wish you all the best in this 2018-19 school year!

Go Hawks! **Mrs. McMandon, Principal**

VALLEY RIDGE ACADEMY



## Literacy Week.....All about Crazy Fun Reading!

In addition to the Literacy Parade of Books, students and staff also enjoyed fun days of Crazy socks, Traveling Shirt Day, Wild Hair Day, Twin Day and Spirit Day.



### Kindle Fire Winners:

Hawk Buck Raffle Winner: Abbie C.

Literacy Night Raffle Winner: Andrew L.

### Third-Fifth Grade Essay Winners:

1<sup>st</sup> Place: Sayan B., Mrs. Sallas

2<sup>nd</sup> Place: Lily S., Mrs. Troyer

3<sup>rd</sup> Place: Trevor R., Mrs. Shockey

# SPRING PBIS REWARD EVENTS

January			
Event	Grade Levels	Date	Cost (Hawk Bucks)
Ice Cream Day (Cafeteria)	K-2	Monday, January 14	\$2
Eat Lunch Outside	6-8	Friday, January 18	\$2
Cookie Day (Cafeteria)	6-8	Monday, January 21	\$2
Hawk Store	K-2	Tuesday, January 22	--
Hawk Store	6-8	Thursday, January 24	--
Ice Cream Day (Cafeteria)	3-5	Monday, January 28	\$2
Hawk Store	3-5	Tuesday, January 29	--
<b>*Root Beer/Soft Drink Floats (during lunch)</b>	6-8	Thursday, January 31	<b>\$5</b>

February			
Event	Grade Levels	Date	Cost (Hawk Bucks)
Cookie Day (Cafeteria)	K-2	Monday, February 11	\$2
Eat Lunch Outside	6-8	Thursday, February 14	\$2
Cookie Day (Cafeteria)	6-8	Tuesday, February 19	\$2
<b>*Root Beer Floats</b>	5	Thursday, February 21	<b>\$10</b>
Hawk Store	1	Monday, February 25	--
Cookie Day (Cafeteria)	3-5	Monday, February 25	\$2
Hawk Store	2-3	Tuesday, February 26	--
Hawk Store	4-5	Wednesday, February 27	--
Hawk Store	6-8	Thursday, February 28	--
<b>*Donut Day (8:00am-8:30am)</b>	6-8	Thursday, February 28	<b>\$2</b>

March			
Event	Grade Levels	Date	Cost (Hawk Bucks)
Eat Lunch Outside	6-8	Friday, March 1	\$2
Hawk Store	K	Friday, March 1	--
Ice Cream Day (Cafeteria)	3-5	Thursday, March 7	\$2
Ice Cream Day (Cafeteria)	K-2	Monday, March 11	\$2
<b>*Dance Party</b>	K-2	Thursday, March 14	<b>\$25</b>
Eat Lunch Outside	6-8	Thursday, March 14	\$2
<b>*Eat Lunch Outside</b>	4	Thursday, March 14	<b>\$25</b>

Hawk Store	1	Monday, March 25	--
Cookie Day (Cafeteria)	6-8	Monday, March 25	\$2
Hawk Store	2-3	Tuesday, March 26	--
Hawk Store	4-5	Wednesday, March 27	--
Hawk Store	6-8	Thursday, March 28	--
Hawk Store	K	Friday, March 29	--

<b>April</b>			
<b>Event</b>	<b>Grade Levels</b>	<b>Date</b>	<b>Cost (Hawk Bucks)</b>
Cookie Day (Cafeteria)	K-2	Monday, April 8	\$2
Eat Lunch Outside	6-8	Friday, April 12	\$2
Cookie Day (Cafeteria)	6-8	Monday, April 15	\$2
Hawk Store	1	Monday, April 22	--
Hawk Store	2-3	Tuesday, April 23	--
Hawk Store	4-5	Wednesday, April 24	--
Hawk Store	6-8	Thursday, April 25	--
<b>*Movie and Popcorn (After School)</b>	6-8	Friday, April 26	<b>\$10</b>
Hawk Store	K	Friday, April 26	--
Eat Lunch Outside	6-8	Friday, April 26	\$2
Cookie Day (Cafeteria)	3-5	Monday, April 29	\$2
<b>May</b>			
<b>Event</b>	<b>Grade Levels</b>	<b>Date</b>	<b>Cost (Hawk Bucks)</b>
Ice Cream Day (Cafeteria)	K-2	Monday, May 6	\$2
Eat Lunch Outside	6-8	Friday, May 10	\$2
Cookie Day (Cafeteria)	6-8	Monday, May 13	\$2
Hawk Store	1	Monday, May 13	--
Hawk Store	2-3	Tuesday, May 14	--
Hawk Store	4-5	Wednesday, May 15	--
<b>*Extra Recess</b>	4	Wednesday, May 15	<b>\$25</b>
Hawk Store	6-8	Thursday, May 16	--
<b>*Cook Out/Lunch Outside</b>	6-8	Thursday, May 16	<b>\$10</b>
Hawk Store	K	Friday, May 17	--
Ice Cream Day (Cafeteria)	3-5	Monday, May 20	\$2
<b>*In-House Field Trip</b>	K-2	Monday, May 20	<b>\$25</b>

# GREAT JOB TO OUR STUDENTS CHARACTER COUNTS AWARD



**Kindergarten:** Audrey Riccio, Kaleb Fanning, Piper Kings, Emma McPherson, Addison Kelly, Belen Padron, Camden Swindle, Diara Rrodastani, Logan Swindell



**1<sup>st</sup> Grade:** Blake Cally, Logan Reeder, Rowan Thomas, Delaney Hill, Lucas Klabacka, Jessie Tang, Leah Noren, Sammy Herstone

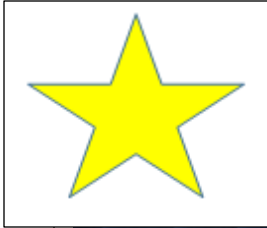


**2<sup>nd</sup> Grade:** Peyton Humphrey, Colton Nover, Navin Sridhar, Joanna Herstone, Krupa Augustin, Cody Belizaire, Alisa Nosenko, Henry Ronsman

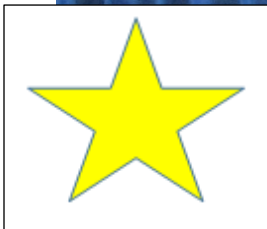


**3<sup>rd</sup> Grade:** Sierra Lavallee, Sophie Aramayo, Isabelle Hill, Brooklyn Miecowski, Mia Aramayo, Mihika Chauhan, Abigail Wheeler, Lila Smith





**4<sup>th</sup> Grade:** Emily Holbrook, Emersyn Thomforde, Kesari Folmsbee, CJ Cipolla, Reed Shearon, Trevor Ruiz, Faith Sanders



**5<sup>th</sup> Grade:** Sophia Burger, Carrie Wachala, Samuel Thornton, Tanner Scarbrough, Kasey Kellezi, Kaleb Daveline, Lily Hohner



**Students:** Andrew Lagos, Aliya Medure, Aidan Biscardi, Ellison Modansky, Brianna Niles, Karissa Nieves, Marlana Smith, Mackenzie Swindell, Jaydin Dang, Shubhangi Maitra, Victoria Gorelik, Mason Kinne, Aidan VanCannon, Tamyra Hart, Grant Ryan, Careal Carter, Valentia Rubino, Chris Cola, Gavin Buck, Maddie Graham, Rachel Siqueira, Mikah Muir, Brit Walker, Amelia Roberts, MaKenna Inman

*Congratulations to all our  
students...we are so very  
proud of you all!*





The **PULSERA** Project  
Color the World



## VRA SPANISH CLUB PULSERAS SALE



The Pulsera Project is an organization that provides our school with 500 handwoven pulseras by over 200 artisans in Nicaragua and Guatemala. The project provides full time work and fair wages for the local artisans, along with scholarships and healthcare for areas affected by poverty. Our Spanish club holds this sale from February 6<sup>th</sup> through February 19<sup>th</sup>. Bracelets are \$5 and handwoven purses created by a Guatemalan's Women's Co-op are \$10. Locations to purchase pulseras are in front of the Media center, the 500s, and the 600s hall between 8:05 and 8:25 am. Students are welcome to visit room 625, the home of the Spanish club.

Cash only purchases please.

**HELP MAKE THE DIFFERENCE IN  
SOMEONE'S LIFE!**

# *Valentine's Candy Grams Are here at VRA!*

*Send to a friend, send to your teacher, or to your whole class for \$1.00 per Valentine's Candy Gram.*



*Valentine's Candy Grams will be on sale February 4th-13th:*

*K-5th graders may purchase in the Media Center from 8:05-8:25 OR  
10:30-11:00*

*6th-8th graders may purchase in the cafeteria during middle school  
lunches.*



*Valentine's Candy Grams will be delivered to homeroom teachers on Thursday,  
February 14th.*

# National Geographic Geography

During the months of December and January, VRA's fourth through eighth grade social studies classes conducted geography bees. The classroom winners were invited to participate in the school geography bee, held after school, on January 23. The school bee was quite tense, as it went on for many rounds. After all was said and done, third place was awarded to Charan Sriram (grade 8), second place to Lucian Slayden (grade 7) and the school winner is Timothy Gorelik (grade 4). The National Geographic Geography Bee is always an exciting event for our VRA students as they get the opportunity to show off their geography talents. Our winner, Timothy, took an online test through National Geographic on January 30 in an attempt to qualify for the state bee.



Jana Rice - VRA National Geographic Geography Bee Sponsor

**CONGRATULATIONS TO ALL  
OF OUR PARTICIPANTS AND  
GOOD LUCK TIMOTHY!**



## **Civics Class Travel to Tallahassee**

On January 17<sup>th</sup>, the Valley Ridge civics students visited our state capital, Tallahassee. Mrs. Rice and Mrs. Dresback organized the first ever, VRA Tallahassee Field Study. We went to the Old Capital, Florida State Capital (New Capital) which included the Senate and House of Representatives, Florida Museum and Florida's Supreme Court. We also ate lunch at the Seminole Café on the Florida State University campus.

While in the Florida State Capital, we were able to view all of Tallahassee from the 22<sup>nd</sup> floor. We also got to examine an art exhibit and the Senate. While at the Florida State Capital, our guide explained the structure of Florida's Senate to us. At the Old Capital we participated in a scavenger hunt to learn about our capital's history. While at Florida's Supreme Court we learned about the different levels of Florida's court system, Florida's justices and their assigned seating and we got to sit in the justice seats. Finally, we went to the Florida Museum to interact with different exhibits and artifacts on Florida's history.

When driving to and from Tallahassee, we were on charter busses for about three hours. During this time, we all became the best of friends, as everyone was eating, talking and playing Uno and Kahoot. The VRA civics students had an outstanding, educational experience on our VRA Tallahassee Field Study.

By:

Kayla Shreve and Sydney Valdivia

7<sup>th</sup> Grade Civics Students

# First Grade February Fun and Learning



One of our favorite days during Literacy week was getting the opportunity for Middle School students to visit 1<sup>st</sup> grade classrooms to read with our first graders. YAY!!!!



Each student dressed as a character from a book and showed off their book during our parade through the parking lot for all to see!

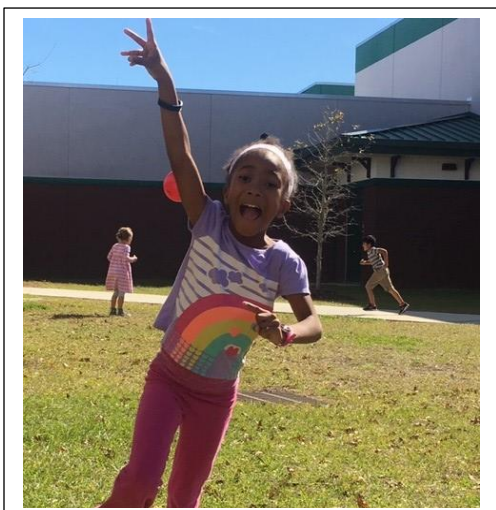


More...."Characters" from First Grade!



The First grade teachers were dressed as their favorite group of books from the author Laura Numeroff.

Check out the pictures of our VRA family that attended the St. Johns County 7<sup>th</sup> annual **Character Counts** Race this month. Way to REPRESENT Hawks!!!! Thank you to Dean Gifford for being the turn-around point marker for the 6K race.



CHARACTER  
COUNTS! In St. John  
County

SIX PILLARS

6K3K

RUN • WALK

# Ridge Runners is BACK.... at VRA!

Thank you to Mrs. Klabacka and Mrs. Erthal for coaching this season and thank you to all of the volunteers, teachers, and parents that helped make this after school program possible. The students of VRA had their first practice and are working their way up to a 5K race!



GO VRA  
HAWKS!!!!





# One...Two...Skip a Few...

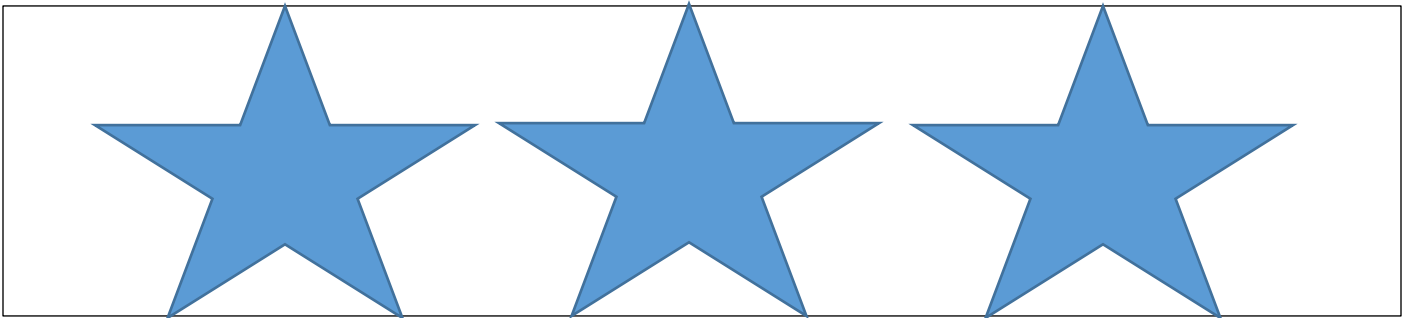
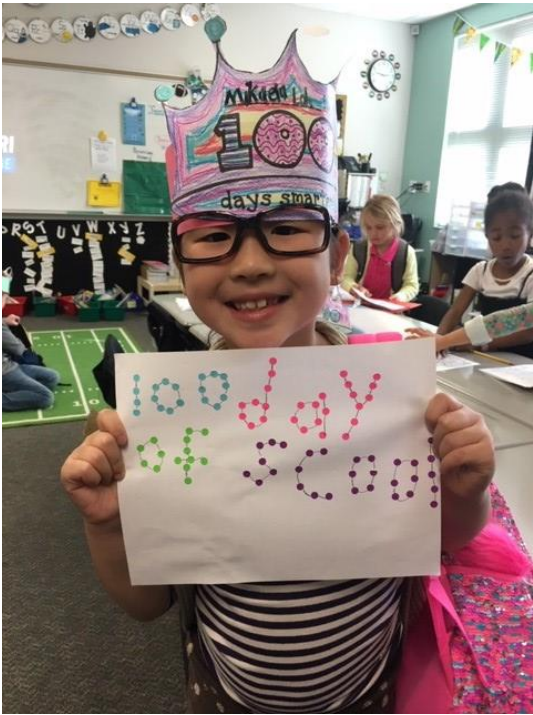
## Happy 100<sup>th</sup> Day!!!

First grade celebrated the **100<sup>th</sup>** Day of school in *style*. The kids were asked to dress like they were **100 Years Old!** We had so many disciplined, respectful, elderly looking students in First grade on this special day. 😊 Even some of our teachers aged very *gracefully*.

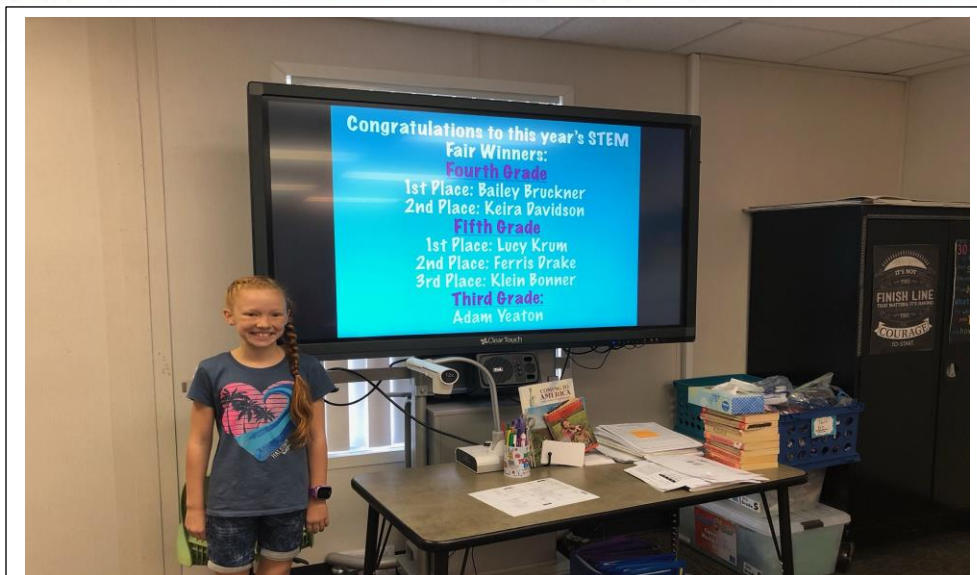
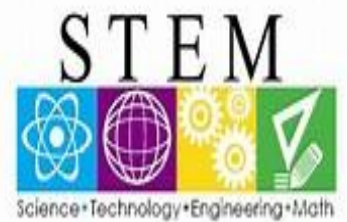
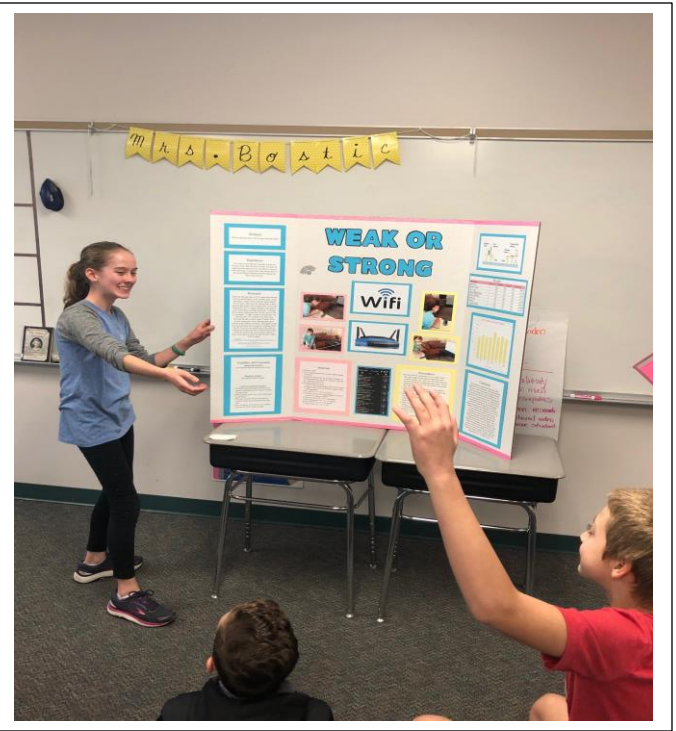




**100 Days Young**



# 4<sup>TH</sup> AND 5<sup>TH</sup> GRADE STUDENTS PROPOSE SOLUTIONS AT S.T.E.M. FAIR



# STEM Fair Winners

## Fourth Grade:

*Bailey's Butter Substitute*, Bailey Bruckner

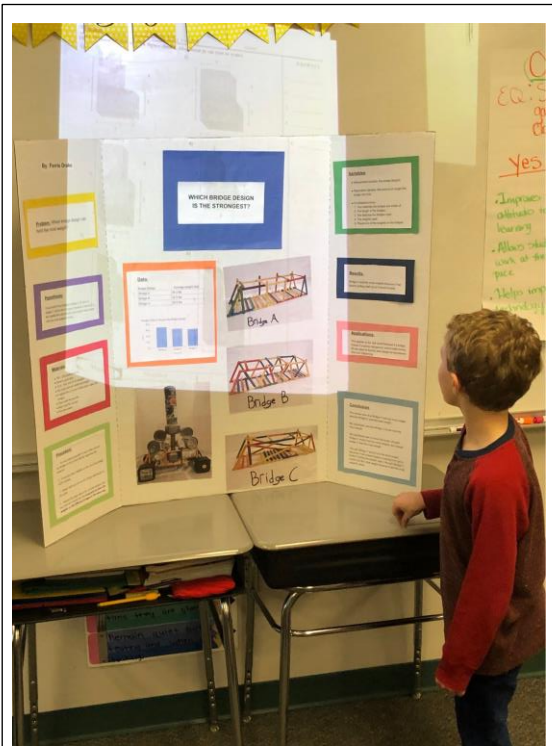
*Feel the Burn*, Keira Davidson

## Fifth Grade:

*Weak or Strong*, Lucy Krum

*Which Bridge Design is the Strongest?*, Ferris Drake

*Texting While Driving*, Klein Bonner



**SCIENCE TECHNOLOGY ENGINEERING MATH**

**PAVING THE FUTURE!!!**

# Toiletry Drive

February 19-22

Benefits “Hugs Across the County!”

Please donate (full-size):

- Shampoo
- Conditioner
- Body wash
- Deodorant

You can drop off your donations at these locations:

Middle School—Mrs. Dresback’s (Rm 610)

Elementary School—Mrs. Sandler’s (Portable 19)

1 donation=1 hawk buck!

Donate Today!



# Reminders from the Dean's Office:

## SJCSD Student Dress Code

*(2018-19 SJCSD Student Code of Conduct, pages 13-14)*

The dress and grooming of St. Johns County Public Schools students shall contribute to the health and safety of the individual promote a positive educational environment and not disrupt the educational activities and processes of the school. Because inappropriate clothing worn by a student is detrimental to the school program, the wearing of garments suitable for school shall be encouraged. All faculty and administrative staff shall be on the alert to give positive guidance in these matters, without embarrassment to the student.

These rules on personal appearance of students are intended to enable the students of St. Johns County Public Schools to dress casually but reasonably. However, the school principal is the final authority with regard to the appropriateness of student dress. **Nothing in these rules shall be construed to pre-empt the principal's authority** to act in specific cases when, in the principal's judgment and discretion a student's dress threatens to disrupt the educational process or the good order and discipline of the school, or is otherwise inappropriate.

### All Students

- Personal attire may be in the style of the day, but clothing that is immodest, revealing, or distracting in character is unacceptable. Clothing, piercings and accessories shall not be worn if they display profanity, violence, discriminatory messages, sexually suggestive phrases, advertisements, phrases or symbols of alcohol, tobacco or drugs or create a safety issue within the learning environment.
- Students are prohibited from wearing clothing that exposes underwear or that exposes body parts in an indecent or vulgar manner.
- Head coverings, including but not limited to, caps, hats, bandannas, and/or sunglasses, shall not be worn on campus unless required by a physician or authorized by school administration.
- Students must wear shoes that are safe and appropriate for the learning environment. Middle school and elementary school students must wear shoes that have a back or strap on the heel.
- Skirts, dresses, shorts, baggies, no shorter than four inches (4") above the top of the knee, are acceptable. Skirts shorter than four inches (4") above the top of the knee worn with tights are not acceptable.
- Leggings and yoga pants are acceptable but must worn with a shirt, dress or skirt that reaches fingertip length.
- Graffiti (i.e. profanity, violent or discriminatory images, sexually suggestive phrases or symbols, or symbols of alcohol, tobacco or drugs) will not be drawn or worn on backpacks, notebooks, folders, yearbooks, papers, clothing or any other object or on the body of any student or person on school property.

- Sleeveless shirts and tank tops are not acceptable.

#### **Standards: Boys**

- Boy's pants/slacks must be worn at the waist. No boxer shorts or underwear may be visible.
- Shirts must cover the entire shoulder.

#### **Standards: Girls**

- Tops and shirts must cover the entire shoulder and may not be revealing or distracting. Midriff or "cut-out" dresses and "cut out" tops may not be worn. Skirts must be no shorter than four inches (4") above the top of the knee. Revealing clothing, pajamas and lingerie are not acceptable. Undergarments must not be exposed.
- Girls' pants/slacks must be worn at the waist. No underwear may be exposed.

### **Cell Phones and Electronic Devices**

The use of electronic devices, such as cell phones, electronic readers, hand-held video games, etc. is prohibited during school hours.

- If such items are brought to school, they must be placed in the student's locker, backpack or purse during the normal school hours. Items are to be **turned off**.
- Students may not use cell phones to make phone calls or text message during school hours. This includes during classes, between classes and/or lunch. Students found using their cell phones during school hours will have their phone confiscated. Repeated failure to comply will be considered defiance of school rules.
- **If a phone call must be made, phones are available in the main office.**
- Students may not use their cell phones as entertainment during the school day. This includes playing games, going online, checking time, etc.
- Students are not permitted to use camera phones for the purpose of taking pictures in school or on buses.

#### **Cheating:**

- If a student is caught using a cell phone or other form of technology to aid them in cheating, he/she will have the appropriate penalties for both cheating and cell phone use applied to them.
- Texting or checking texts during a test/exam will result in the student receiving a zero for the test/exam.

***\*Valley Ridge Academy is not responsible for theft or damage of electronic devices brought onto school district property.***

# What Was.....What is....What is Yet to Come!

February 1<sup>st</sup>: 5:00 pm – 7:00 pm: Family Literacy Night

February 5<sup>th</sup>: 5:30 pm – 7:30 pm: 6<sup>th</sup> grade VRA Basketball vs LPA at VRA

February 5<sup>th</sup>: 5:30 pm – 7:30 pm: 7<sup>th</sup>/8<sup>th</sup> grade VRA Basketball vs SMS at SMS

February 6<sup>th</sup>: 6:30 pm: Info Night for the R.J. Murray Middle School Center for the Arts at Murray Middle

February 7<sup>th</sup>: 8:30 am – 9:00 am: Character Counts! Celebration for Middle School

February 7<sup>th</sup>: 5:30 pm – 7:30 pm: 6<sup>th</sup> grade VRA Basketball vs POA at POA

February 7<sup>th</sup>: 5:30 pm – 7:30 pm: 7<sup>th</sup>/8<sup>th</sup> grade VRA Basketball vs PBMS at VRA

February 8<sup>th</sup>: 3:30 pm – 7:00 pm: Band FBA Solo & Ensemble Festival at Creekside High School

February 9<sup>th</sup>: 8:00 am – 4:00 pm: Band FBA Solo & Ensemble Festival at Creekside High School

February 11<sup>th</sup>: 5:30 pm – 6:30 pm: Valley Ridge Academy STEM Fair in cafeteria and gym

February 12<sup>th</sup>: 8:30 am – 10:00 am: PTO general meeting in cafeteria

February 12<sup>th</sup>: 1<sup>st</sup> grade field study to Magic Wardrobe Theatre

February 12<sup>th</sup>: 3:30 pm – 4:30 pm: SAC meeting in media center

February 12<sup>th</sup>: 5:30 pm – 7:30 pm: 6<sup>th</sup> grade VRA Basketball vs MCA at VRA

February 12<sup>th</sup>: 5:30 pm – 7:30 pm: 7<sup>th</sup>/8<sup>th</sup> grade VRA Basketball vs FCMS at FCMS

February 12<sup>th</sup>: 6:00 pm – 7:30 pm: ESE Parent Advisory Committee Special Presentation – “Pediatric Recreation: Free programs offered by Brooks Rehabilitation for children age birth -17” at SJCS District Office

February 14<sup>th</sup>: National Assessment of Educational Progress (NAEP) Testing - 8<sup>th</sup> Grade Only

February 14<sup>th</sup>: 5:30 pm – 7:30 pm: 6<sup>th</sup> grade VRA Basketball vs PVA at PVA

February 14<sup>th</sup>: 5:30 pm – 7:30 pm: 7<sup>th</sup>/8<sup>th</sup> grade VRA Basketball vs SPMS at VRA

February 15<sup>th</sup>: Teacher Inservice Day: No school for students

February 18<sup>th</sup>: Presidents’ Day: No School for teachers and students

February 19<sup>th</sup> – February 22<sup>nd</sup>: Early Act Toiletry Drive

February 21<sup>st</sup>: 5:30 pm – 7:30 pm: 6<sup>th</sup> grade VRA Basketball vs POA at VRA

February 21<sup>st</sup>: 5:30 pm – 7:30 pm: 7<sup>th</sup>/8<sup>th</sup> grade VRA Basketball vs POA at POA

February 22<sup>nd</sup>: 8:30 am – 9:45 am: Nease High School Presentation to 8<sup>th</sup> grade in cafeteria

February 23<sup>rd</sup> (Corrected Date): 4:00pm – 6:30pm: Valley Ridge Academy “Festival of the Arts” at VRA

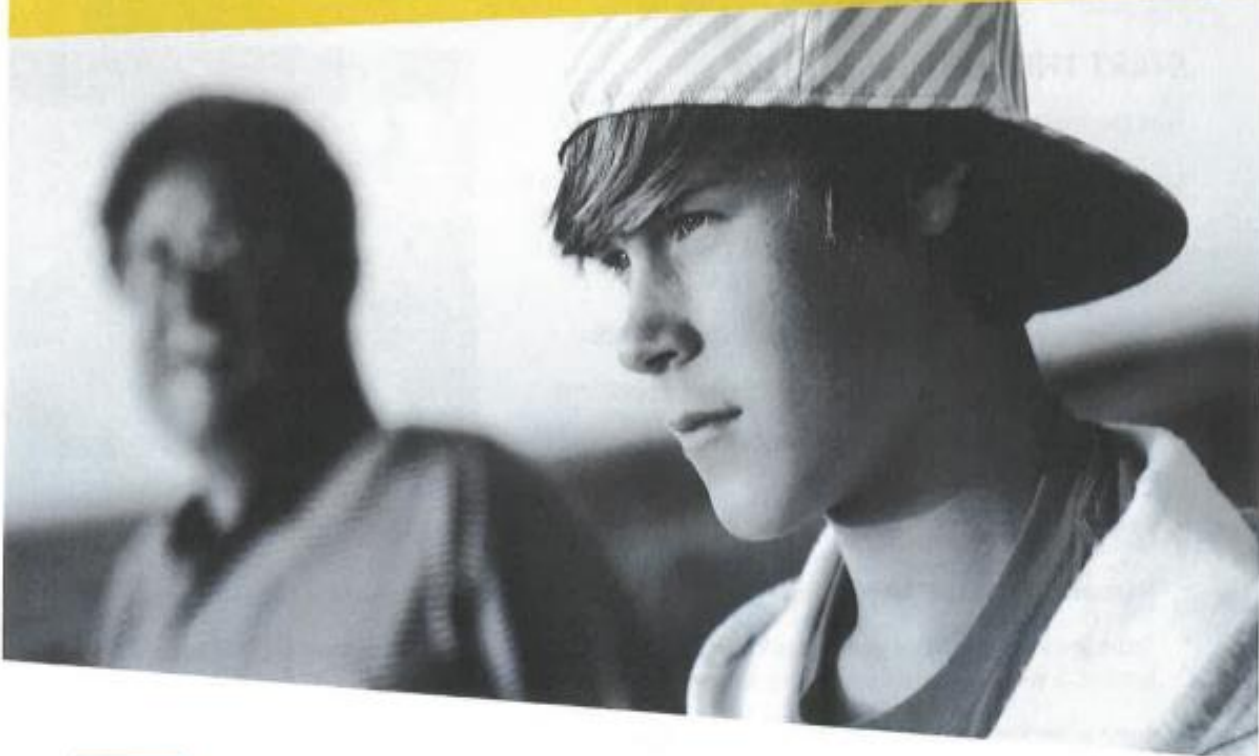
February 26<sup>th</sup>: 5:30 pm – 7:30 pm: 6<sup>th</sup> grade VRA Basketball vs LPA at LPA

February 26<sup>th</sup>: 5:30 pm – 7:30 pm: 7<sup>th</sup>/8<sup>th</sup> grade VRA Basketball vs LMS at VRA





## Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



### BEFORE THE TALK

*Know the facts.*

- Get credible information about e-cigarettes and young people at [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov).

*Be patient and ready to listen.*

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

*Set a positive example by being tobacco-free.*

- If you use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW.



## START THE CONVERSATION

### *Find the right moment.*

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as:
  - » Seeing someone use an e-cigarette in person or in a video.
  - » Passing an e-cigarette shop when you are walking or driving.
  - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



### *Ask for support.*

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

## ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

### *Why don't you want me to use e-cigarettes?*

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

### *What's the big deal about nicotine?*

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

### *Aren't e-cigarettes safer than conventional cigarettes?*

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

### *I thought e-cigarettes didn't have nicotine — just water and flavoring?*

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) together so you can see for yourself.

### *I (or my friends) have tried e-cigarettes and it was no big deal.*

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

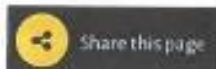
### *You used tobacco, so why shouldn't I?*

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



## KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website ([E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)) with your teen.



Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

### *Connect and encourage.*

- You always liked science. Check out the science about e-cigarettes and young people: [E-cigarettes.SurgeonGeneral.gov](http://E-cigarettes.SurgeonGeneral.gov)
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

### *Remind and repeat.*

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

### *Share facts and resources.*

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease  
Control and Prevention  
Office on Smoking  
and Health



**2018-2019 Instructional  
Materials Adoption  
Mathematics**



*The St. Johns County School District curriculum department representatives and adoption committee members are currently conducting the review process for the 2018-2019 Instructional Materials Adoption for Mathematics. Resources are available for review at <http://www.stjohns.k12.fl.us/media/instructional-resources-media-services/textbooks/adoption/> by our parents and community members. The core resources that have been submitted for evaluation are listed on the state adoption consideration lists. AP materials that will be reviewed are from College Board recommended materials. If you are interested in serving on an adoption review committee, please contact the principal or assistant principal.*

Some print materials may be available for review. If you would like access to the available printed materials or require assistance reviewing the online resources, please call the Instructional Resources and Media Services office at 904.547.3947. Materials are available for review from 8:00 AM – 4:30 PM when district offices are open.

*Resource lists may be revised throughout the review process. Please check the website frequently for updates.*

Please note the following Florida statute regarding instructional materials that pertains to parent input regarding adopted materials:

*F.S. 1006.28 (1)(a)(3) Each district school board must establish a process by which the parent of a public school student may contest the district school board's adoption of a specific instructional material. The parent must file a petition, on a form provided by the school board, within 30 calendar days after the adoption of the material by the school board. The school board must make the form available to the public and publish the form on the school district's website. The form must be signed by the parent, include the required contact information, and state the objection to the instructional material. Within 30 days after the 30-day period has expired, the school board must conduct at least one open public hearing on all petitions timely received and provide the petitioner written notification of the date and time of the hearing at least 7 days before the hearing. All instructional materials contested must be made accessible online to the public at least 7 days before a public hearing. The school board's decision after convening a hearing is final and not subject to further petition or review.*



## St. Johns County School District Transportation Department

# Become a School Bus Driver



Make a  
difference  
every day!



©Lakeshore

\*\$500 sign-on bonus for  
newly referred drivers

\*\$500 bonus for referring  
SJCSD employee

(Conditions apply, call for details)

### New Drivers:

- We will pay you to train for your CDL Class B licensing with the Passenger and School Bus endorsements

### Compensation:

- Pay scale based on experience: \$13-21.00/hr
- Hiring full and part time drivers for daily routes, field trips, and weekends
- 180 work days & 6 paid holidays

### Benefits:

- St. Johns County School District Benefits Package includes medical, dental, and vision coverage, and much more
- Enrollment in the Florida Retirement System

### Requirements:

- Licensed driver for the past 5 consecutive years
- No DUI/Reckless Driving charges
- Background check
- Drug screen
- Physical

Contact Rebecca D'Alessio for  
more information:

P: (904) 547-8814

E: [Rebecca.Dalessio@stjohns.k12.fl.us](mailto:Rebecca.Dalessio@stjohns.k12.fl.us)



Thank you for your interest in becoming a **Bus Driver**. The first step of the recruitment process is to fill out an online application. Please visit the **St Johns County School District** homepage at:

**[www.stjohns.k12.fl.us](http://www.stjohns.k12.fl.us)**

1. Select the **JOB SEEKERS** tab at the top
2. Select the **AppliTrack** box on the right
3. Select **Substitute Bus Operator (Driver)** on the left
4. Click red **Apply** box on the right

The online application process will take approximately 30-60 minutes to complete. In Section 4 of the application, **Vacancy Desired**, make sure the JobID 5523 (Substitute Bus Operator) box is checked. In Section 5, **Position Desired**, "Transportation" is listed. Do NOT check this box. Leave it blank. These instructions are to ensure that you are applying for the correct job opening and that your application will be seen by the Transportation Department.

**\*PLEASE NOTE\*** Pay extra attention to the security questions regarding background screening. To be considered for employment with the St Johns County School District you must successfully pass a high-level background check. The information provided in your online application **MUST** correspond with the results of your background check. Be sure to disclose **ANY** infractions, no matter how minor or long ago they may have been. A record of an infraction may not disqualify you for consideration. Failure to disclose an incident in your application, however, is reason for an employment offer to be withdrawn.

After you submit your application please call **(904) 547 8814** or email **rebecca.dalessio@stjohns.k12.fl.us**. Leave a message stating that your application is complete. If you require assistance filling out an online application please call to make an appointment.

---

# St. Johns Virtual School

## DRIVER EDUCATION & TRAFFIC SAFETY COURSE



- St. Johns County Instructors
- ½ credit fulfills the graduation requirement to complete an online course
- Get your 4 hour traffic law and substance abuse education test waiver
- May lower the cost of auto insurance
- **FREE** to St. Johns County students

Sign up at: [stjohnsvirtual.com](http://stjohnsvirtual.com)

---



## SUMMER MARINE SCIENCE PROGRAM

Parents,

Applications for the summer Marine Science Program will be passed out by science teachers at all schools during the week of February 11<sup>th</sup>. Applications will be due back to science teachers by March 5<sup>th</sup>. Applications can also be downloaded at any time from the website prior to April 12<sup>th</sup> at <http://www-grms.stjohns.k12.fl.us/> and click on the Marine Science link. The link also will have a complete day by day curriculum for each grade level, parent information, and a video from last year's program.

This summer program is available to all students currently in grades five through seven and has been sponsored by the school district since 1982. Three eight day sessions are held at Gamble Rogers Middle School with bus transportation provided. The dates for the three sessions this summer will be May 29<sup>st</sup> through June 7<sup>th</sup>, June 10<sup>th</sup> through June 20<sup>th</sup>, and June 24<sup>th</sup> through July 3<sup>rd</sup>. Small classes of 12-14 students are separated by grade level. All instructors in the program are St. Johns County School District teachers.

The Marine Science Program is a carefully designed experience for responsible students who are interested in learning about our local marine environments. Learning is "hands on" in the field with students kayaking, canoeing, boating, hiking, snorkeling, sailing, windsurfing, surfing, SUP, (stand up paddleboarding), etc. Specific grade level activities and curriculum are attached to the applications and are also available from the website.

More information about the program can be had by emailing Kristina Bransford at [marinescienceprogram@stjohns.k12.fl.us](mailto:marinescienceprogram@stjohns.k12.fl.us) .